



## Recipe of the month - June

*This month's recipe is provided by  
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### Broad Bean Dip with Garlic and Yoghurt

- 3 cups frozen broad beans
- 1 head roasted garlic
- 2 tsp fresh thyme leaves
- 2 tbsp plain yoghurt
- Olive oil
- Himalayan rock salt and black pepper to taste

As a nutritional therapist, I'm a huge fan of 'eating seasonally'. Making the most out of the vegetables that are in season means that you can eat locally sourced produce, rather than food with extra air miles and possibly lower nutrient density.

This month, therefore, you'll see traditional vegetables like peas and broad beans on the shelves, as well as plenty of strawberries.

This month's recipe focuses on broad beans. Not only are they a great source of protein, but they're also a fantastic source of folate, iron, manganese and magnesium.

There are so many ways you can use broad beans. Dips are a great way to incorporate a range of vegetables into your day to day meals. Here's an easy suggestion for a summer lunch or snack.

Boil the broad beans until soft and drain. Retain a little of the water for use later.

Remove the roasted garlic from the cloves and put into a blender / food processor with the cooled beans and a little of the water.

Blitz until a smooth paste is formed and then add the thyme and yoghurt. Continue to blend until fully combined. If the mixture is too thick, add olive oil slowly.

Season with salt and pepper and serve with wholemeal pitta bread or endive lettuce leaves.

Refrigerate overnight if you like a stronger garlic flavour!